Slide 1:
Beneficial foods for scurvy are foods with high vitamin c such as:

- Oranges
- Bell peppers
- Strawberries
- Brussel sprouts
- Broccoli
- Kale
- Potatoes
- Blackcurrants
- Papaya
- Tomatoes
- Kiwifruits
- Guavas
- Snow Peas

Slide 2:
Why foods with high Vitamin c?

Vitamin C cannot be stored in your body so you need it in your diet everyday.

Daily recommendation for Vitamin C is 40mg/day.

Eating sources of Vitamin C is better raw because cooking it causes it to breaks down from heat.

Vitamin C is important for your health. For example Vitamin C can:

- Lower the risk of cancer and heart disease

- Support immune system of your body and fight viruses and bacteria.